

ANCHORS

Bringing the BB adventure to you ...



#BBATHOME

Weekly Activity Pack

27th April to 3rd May



'Find Me a...' Game



Leaf Rubbing



Lockdown Handprints



Prayer Bubbles



Post a Hug



Grow a Rainbow



'FIND ME A...' GAME



GET ACTIVE



15 MINUTES



READY TO GO



GETTING INTO THE ACTIVITY

Do you know where everything in your house is? Do you think you could find it in just 30 seconds? Let's find out!

For this game, a grown-up will need to think of different items in the house. Some easy and others hard. The grown-up will call them out one at a time for you to find as quickly as you can. We suggest 30 seconds, but you can change that. You'll score a point every time you bring back an item in the time limit. How many points can you score after 10 items?

Easy items might be a spoon, cushion, remote control, teddy etc. Harder to find items might be something older than 10 years, a particular book or DVD, a corner piece from a jigsaw, a red sock etc.

If you have a family member who would like to play, then instead of racing the clock, race them. Whoever brings the item back first gets the point. Who can get the most points?



WHAT YOU'LL NEED

- Household Objects



NOTES FOR PARENTS & CARERS

All activity should be supervised by an adult. Share a picture or video of the activity with your BB group or post on social media using #BBatHOME.

LEAF RUBBING



GET
ADVENTUROUS



20 MINUTES



PREPARATION
NEEDED



GETTING INTO THE ACTIVITY

Explore the different shapes and patterns of leaves by creating a colourful piece of artwork from nature.

Firstly, you will need to go and collect leaves of different shapes and sizes. You could do this as part of your daily exercise.

To create your leaf rubbing, lay a leaf with its bottom side facing upwards. Place a piece of paper on top of that and then carefully but firmly run your crayon over the top of the leaf. The leaf's outline and the details of the leaf should start to show. Keep rubbing the crayon all around until all the shape of the leaf is showing.

Do a new leaf rubbing on a different part of the paper. How many different leaf rubbings can you do? If you don't have crayons, then coloured pencils work too - you just need to rub gently.



WHAT YOU'LL NEED

- Leaves
- Crayons
- Paper



NOTES FOR PARENTS & CARERS

All activity should be supervised by an adult. Please wash your hands after collecting leaves. Share a picture of the leaf rubbing with your BB group or post on social media using #BBatHOME.

LOCKDOWN HANDPRINTS



GET CREATIVE



20 MINUTES



IN THE
CUPBOARD

GETTING INTO THE ACTIVITY

Create a family memento to help remember this period of lockdown and the amount of time you're spending with your family making memories.

Ask each family member to draw around their hand and cut it out. You could do this on coloured paper or using plain paper and colouring it in or painting it.

Glue each handprint onto a piece of paper. Stick the largest hand on first and the smallest hand on last. If you have a family pet, then you could add a paw print to the artwork too. After each hand has been glued on, write each person's name on or near to their handprint.

Finally add some text to the top of the page to help you remember why you created this artwork. You might want to write your family's surname, 'Lockdown 2020' or a nice phrase such as 'When the world stayed apart ... This was my favourite place to be'.



WHAT YOU'LL NEED

- Paper
- Colouring Pens / Paint
- Scissors
- Glue



NOTES FOR PARENTS & CARERS

All activity should be supervised by an adult. Share a picture of the completed artwork with your BB group or post on social media using #BBatHOME.

PRAYER BUBBLES



GET INTO
THE BIBLE



15 MINUTES



IN THE
CUPBOARD



GETTING INTO THE ACTIVITY

Prayer is our way of talking to God. Send messages and prayers to God, using bubbles.

For this activity you'll need bubble mixture and a bubble wand. If you don't have these, then you can make your own. Mix together 50ml (1 part) washing up liquid with 300ml (6 parts) water. For a bubble wand you can use anything with a hole in. Kitchen utensils work well.

Think of messages you'd like to send to God. These might be things you'd like to thank him for, say sorry for, ask for help with etc. You may also like to pray for people you know or problems in the world. Every time you think of something to pray for, blow a bubble and send that prayer up to God.

God hears all our prayers and is there to talk to whenever we need him. In the Bible it says 'Do not worry about anything, but pray and ask God for everything you need, always giving thanks'

Philippians 4 v 6



WHAT YOU'LL NEED

- Bubble Mixture & Wand (you can make your own)



NOTES FOR PARENTS & CARERS

All activity should be supervised by an adult. Share a picture or video of your bubble prayers with your BB group or post on social media using #BBatHOME.

POST A HUG



GET INVOLVED



30 MINUTES



IN THE CUPBOARD

▶▶ GETTING INTO THE ACTIVITY

Lots of us are missing our families and not being able to give them a hug. Solve that problem by creating a hug and posting it to a family member like grandparents or an aunt / uncle.

To create your hug, you'll need a very long piece of paper. You could use a spare roll of wallpaper, wrapping paper etc. Alternatively stick together sheets of A4 paper with tape to make one long piece of paper.

Lay on top of the paper with your arms out wide, like you're just about to give a big hug. Ask a grown-up to draw around your outline. You'll need to get at least your head and both arms on the paper. Now decorate your hug by colouring it in. You could also write nice messages onto the hug too.

Once complete, fold it up, write a note to go with it and place it in a large envelope. Now it's ready to send to a family member in the post.



WHAT YOU'LL NEED

- Paper
- Sellotape
- Colouring Pens / Paint
- Envelope & Stamp



NOTES FOR PARENTS & CARERS

All activity should be supervised by an adult. Share a picture of your completed hug with your BB group or post on social media using #BBatHOME.

GROW A RAINBOW



GET LEARNING



20 MINUTES



IN THE CUPBOARD



GETTING INTO THE ACTIVITY

Fold a piece of absorbent kitchen roll in half longways. Cut this down in length to roughly 20cm. At the two ends, draw rectangle boxes of colour. You'll want to try and fit in all 7 colours of the rainbow. Make sure the order of the coloured boxes is the same at each end.

Fill two glasses with water. Carefully place the tips of the kitchen roll into the glasses and your rainbow should start to grow up the kitchen roll and then join up in the middle. Don't put too much into the glass, otherwise the colour will dissolve into the glass, rather than run up the kitchen roll.

For a video tutorial of this activity head to <https://www.thebestideasforkids.com/grow-a-rainbow-experiment>



WHAT YOU'LL NEED

- Kitchen Roll
- Washable Colouring Pens
- Two Glasses of Water



NOTES FOR PARENTS & CARERS

All activity should be supervised by an adult. Share a picture of your kitchen roll rainbow with your BB group or post on social media using #BBatHOME.